

A worthy pra

ctise of the moſte learned Phiſi-
tion Maſter Leonerd Fuchſius, Do-
ctoꝝ in Phiſicke, moſte neceſſary in this
needfull tyme of our viſitation, foꝝ the
comfoꝛte of all good and faythfull people,
both olde and yonge, bothe foꝝ the ſicke
and foꝝ them that woulde auoyde
the daunger of the con-
tagion.



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Boules Churchyeard at the corner
Shop on the right hand as ye come
oute of Chepe.



that
is. If
parte
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Whit
apper
syde.
inner
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must
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the th
be let

A Regiment

for the Plague, takene out
of Fuchsius.



If there appeare certaine The curynge
of the plague
and manifest signes of
the plague (if nothinge
elles maye let it) then
straight waye muste the
Pacient be let bloode in
that syde where the rysyng or gathering
is. If it be about the chinne or any other
parte of the face or necke, blood muste
runne by the shoulder bayne, the which
Phisitions cal Cepalica, (as that which
appertaineth vnto the head) in the same
syde. If it be in the arme pittes, then the
inner bayne of the arme, whiche belon-
geth to the Lyuer or Spleate of man
must be smitten, or the myddle bayne,
if the other appere not. If the sore be in
the thwysell or groyne, then bloode must
be let in the Arcle of the same syde. If
A.ij. there

A Regiment.

there appere no rising: then in the same side where greatest greife is felt. But in what maner of veyne, the sozenes of the parts greued, shall shewe & declare. For if the parts aboue the stomacke be most greued & afflicted then the sholder veine if the partes beneath the necke be moze molested & troubled the inner o2 middel vein of the arme, but the baser parts being most annoied, then the veine in the hame o2 ancle must be smitten. And if y strength of the patient be lustye, bloude must be drawn abundantly, the proportion obserued that wise surgeans can well limite. If that for age, o2 other wyse we may not vse letting bloud, let y neck yet, o2 the sholders, o2 the backe, o2 the thighes be bored after y maner as was prescribed in smitting the veines. If at meale the stomacke being full thys disease doo take the, strayte waye thou muste vomite. The bodye then beyng thus by these euacuate and disburdened some medicyne we muste take that is a repeller of poyson, to the ende it maye drawe

Boring.

Vomite.

Preserua:
tues.

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for the Plague.

popson vnto it, and remoue it frome the harte . For thys is as Galene witnes- seth in the fyfte booke of the powers of symple medicamentes the action and proper doyng of medicynes that resiste and wythstande popsons . Amonge o- ther of thys kynde whyche be in decde manye, the electuarpe, called electuari- um de ouo, is speciallpe praysed , an e- lectuarpe vnto the good Apothecaries not vnknolwen . Why I doe preferre thys almoste before all other the woun- derfull effecte and power thereof hath caused , the whyche it hath often times shewen in manye patientes , and be- cause it is easye to be gotten, and hathe trewe and lawefull symples that goe to the composition thereof , sauyng the roote of Dictamnus albus , in steade wherof better it is to take the leaues of true Dictamnus , or in steade of it Sage. Of thys electuarpe is gyuen to theym that are growen to strengthe by yeaeres the weyght of one dramme.

Electua de
ouo.

A.ij

But

A Regiment

But for the yonger two thyꝛdedeales of a Dragme do suffice. But it muste be dissolued in the water of Roses, or of Endiue, or of Scabiose. The vse also of this medicine is not to be neglected in preserving, if dayly you take thereof the weyght of one grayne, or of two Barley graynes, or the quantitie of a Pease. The taking of this Potion also doeth much good. Take of Andromachus triacle two thyꝛdedeales of Dragme, of Mithridation one thyꝛdedeale of a Dragme, of Bole armeniake pꝛeparate half a thyꝛde deale of a Dragme, of rose water, Scabiose, and Buglosse water, of eche an vnce.

A Potion.

Bole Arme-
niake.

Howe great vertue there is in Bole armeniake to dryue away the Plague, Galene in his ny nth booke of the faculties of simple medicaments doth abundantly declare, who wytteth that in a great Pestilence which wared cruell at Rome, all that euer dranke of this Potion were soone recured. Wherefore in plague tyme of this there woulde bee
much

for the Plague.

muche bse. The powder that next foloweth in **F**achsius because these other two medicines be of so great efficacie, I omit as not necessarie. Some one therfore of the two former beinge taken, let the diseased partye bee layed in bedde, well heate wth some **S**caldabetto in soft shetes, and well covered with clothes, that there he maye sweate. sweate foure or fyue houres as hys strength maye beare. If that this waye sweate w^{ll} not come, heate **T**yles or **B**rickestones in the fyre, and laye to the soles of his feete. For they with speede w^{ll} cause a sweating. But in all the tyme of the sweate, we muste take diligent heed that the party neither sleepe, eate, nor drynke. After this sweate, let the Patient be wyped with cleane linnen clothes. Then if he will and can let him arise out of his bedde keping in, for that tyme in the same chamber. But let the chamber foure or fyue tymes a daye be amended and purged with fragrant and swete smelling things. Good it is

Sweate.

What after
sweate must
be done.

The emending of the
apre.

A.iiij. to

A Regiment

to change chambers in the continuance of his syckenes, bycause the ayre of one chamber beyng corrupt by the continuance of the patient cannot easely be bettered. And let the chamber whither he goeth be fyre perfumed. Of what sorte the perfumes ought to be, we will after ward declare. After sweate two or three houres, offer the patient the broothe of some pullet as he shalbe able to beare it, & let it be often times don. For he must be strengthened by litle & litle. Wherefore it is good for him often to eate, but yet very litle. And such as ar thus meat ted shall soner recouer then other. He may also eate the fleshe of pullettes boiled wth sozell sance, or the iuice of limons, or vergrise. The patient also y^e first daye must be kept fro slepe wth talke, or exhortation, or noyse, or wth rubbing y^e eares or nose or wth pulling by the heare. To thys purpose it shall not be absurde to put vn to his nostrrels a spong dipped in stronge vinaigre. In his greate thyrste you may vse this potion, whiche hath of the iulep of

When meat
must be gy-
uen.

Where with
we must kepe
him waking.

His drinke.

for the Plague.

of Violettes three vnces, of the serape of
the sower iuyce of Citrones one vnce,
and a halfe, of the serape of endyue two
vnces, of the Licour that sozell, scabiose,
and the flowers of Bozage hath beene
boiled in tenne vnces, or as muche of
their waters. Lette these thynges be
mingled and made a drynke. You maye
also wyth water that a lytle barley hath
bene boyled in, myngle the iuyce of Ro-
ses, or of sozell, or of Limons, or bergrise
and gyue it as a drynke, or the same in
small ale for the Barley water. But yf Medicamen-
there be weakenes we muste minister tes that
suche medicamentes as can strenghen strenghen.
and comfort the hart and the other parts
that beare the dominion in oure bodye.
Such a potion is that that taketh of con-
serue of Violettes, Roses, and buglosse
of eche an vnce and a halfe of Bole Ar-
menick preparate a Dramme, of redde
Corall a thyrdeale of a Dramme, of
the ryne of Citron a Dramme and a
halfe, of Camphyre a Dramme or two
thyrdeales with y tart iuyce of pome

B.v.

Citrons

A Regiment

citrons sufficient, let there be made
a moyste preseruatiue against poyson.
Upon the place of the heart also, if the
the Patient feele an heate aboute the
Stomack, you muste ley this to lenge on.
Take of Rose, of Buglosse, and Sor-
rell water, of eche foure vnces, of the
spyes of the preseruatiue of precious
stones, that is to witte, of Ben bothe
whyte and red, of Cloues, Ginger, long
Pepper, Spikenarde, of solner Saffron
and Graynes, or rather of Cardomo-
mum, of eche a Dragme, of the woode
of Aloe, of red Sanders, of the rync of
Pomecitrone beaten into powder, of the
bone of the Stagges hart, of eche a third
deale of a Dragme. All this being min-
gled together let there be made a Plaster.
But we muste take heede that we
laye it not on but bring heate by some
fyre. After that it wareth colde, it muste
straght way be taken awaye. For then
it stoppeth the pores, and doeth great
annoyance vnto the Patient. Where-
fore better it is to vse Bagges called
Cordials

Bagges.

for the Plague.

Cordials for helping the hart, suche as this is. Take of the flowers of red Roses, of whyte water Lillies, of Violettis, of all two Dragmes, of all the Saunders, of whyte & red Corall, of Spodium, and Pearle, of eche thre Dragmes, of Cinomum, Cloues, of the bone of the Stagges heart, of the woodc of Aloe, of the rync of Pomecitron, of Saffron, of eche a thyrde deale of a Dragme, of the seede of Horrell, two thyrde deales, of Purselane seede foure graynes.

All these thinges beyng beaten to powder, let there be made square bagges of silke, and stemmeale, let them be layed to whote. In fine, we muste diligently take heede, that popsoned humours be drawen to the place where the griefes do ryse by borings, or other medcaments that hath the facultie to drawe, as is this that hath of Figges sire, of Raisins halfe an vnce, of salt called Sal gemma, two Dragmes, of Honnye, an vnce, with the oyle of Camomille, let there be made a plaister, the which must be

The cures
for peculier
places.

A plaister.

A Regiment

be laide on whote vppon the grese, other
els in steade of that, suche one whyche is
much commended of all men. Take the
greatest onion that you cā get and pare
away the crowne holowing it, and fill it
wth Andromachus triacle, addinge there
to the iuyce of Rue and Sage . Then
stoppe the crowne with clay & rost it wel
When it is sufficientlye roasted braye it
in a moztar vntyll it be lyke a salve, and
laye it vppon the place affected . Thys
playster is also very fytt for the ripinge
Take of the meale of Fengreke , of
Lyne seede, and of the flowers of camo-
mylle, of eche halfe an vnce, of the roote
of Parrishe or water malowes , and of
white Lilpes , of eche thre Drammes,
of Fygges fire, of the leafe of true Dic-
tamnus thre Drammes of the roote of
Valerian twoo Drammes of Senuie
seede one Dramme and the halfe, of pi-
geons dunge halfe an vnces, of the oiles
of Lylpes, and Camomylle, of eche one
vnce and a halfe . Let these thynges be
wrought

Another plat-
ster.

Another plat-
ster to curre
the soze.

for the Plague.

wrought into the fourme of a plaister or
pultes and vsed . Thys salve is also Another.
much praysed. Take of the salve called
Dia chilon the symple two vnces , of
Ammoniacke, and Galbanum , of eche
one vnce. Beate these together & make a
salve . But yf wyth these foremoze the
soze breaketh not, then take gosse dunge
and temper it wyth salate oyle or wyth Preseruing
oile of Camomille . Let this suffice for from the
the curynge of suche as are taken wyth plague.
the plague . Nowe howe one maye Auoyding is
prescrue hymselfe from the plague that surest.
infesteth any one place we wyll declare.
Syth the plague is not ingendred but
by seachpage in by breathynge a pesty-
lent and rotten ayre: certayne it is that
there is no remedye moze presente
then auoydynge . For there is no
meane to be quyte oute of the pesty-
lente ayre , excepte we go vnto some
place where the ayre is not vitiate
and corrupte.

The

A Regiment

The which thing is so muche the moore
spedily to be done, as this mischiefe is
contagious and daungerous for infecti-
on, as dayly experience doth shewe.

We muste auoyde also farre of, that is
to witte, into some place where we
know that the ayre is yst pure. Neither
must we retourne home, but with good
leasure. Wherefore the people is wont
to saye, that there is moze helpe in these
thre wordes, Some, Farre, and Late,
then in thre Apoticaries shoppes right
wel instructed and trimmed. Wherefore
they who for their functions and offices
maye commodiously, let them not stape
in the corrupt ayre. If they do they shal
basarde them selues with the daunger.
For (as Galene testifieth writing vnto
Piso of Triacle) the Plague as a sa-
uage beast strapeth and slayeth not few,
but some tyme euen whole cities. For a
certaine euil chaunge of the ayre vnto
corruption is sodden, and men, when by
necessitie of breathe fetching there, they
can not auoyde the peryll, do dzawe into
them

for the Plague.

them by the mouth the ayre, as a certain
popson. Wherefoze (sayeth Galene) I
must needes prayse Hippocrates a man
praise worthy for many causes, whiche
depelled the plague that inuaded Grece
out of Ethiopia, by none other meanes
than by chaunging and altering the con
stitution of the ayre, that suche and the
same mighte no moore be bzeathed.

When therfoze he had commaunded
sper to be made thowoe all the citie of
Athenes, he aduised not them to burne
woode only, but to cherishe the fier with
Garlands and flowers, and sweete her
bes dyed, and to caste on fatte and fra
grant incenses, that men might drawe
bzeath depured by this meane. Thus
he. This place of Galene haue I reci
ted, that all men maye hereby euidently
knowe, that the chaunge and alteration
of the place by the consent of all the best
Physitions is the speciallest remedie.

But it is not vnknownen that in thys
tyme there be some churlishe men, and
to full of maners, and verye Stoikes,

which

Agaynst cen
tary precise
Diuines.

A Regiment

which crye oute, that the godly and the
Christian ought not to feare death, and
much lesse to auoide it, & therfore would
not y we should harken vnto phisicians
counsel. Trimme me surely, who require
that of vs, the which no holy one, no not
Christ hymself as man coulde performe,
when the scripture doth wytnes him to
haue feared death. And y good men haue
dreadded it, it is no meruale, syth it is en
grafted in vs by god to defend our lyfe, &
to auoyde death. Therefore Paule wri
ting to the Ephe sians the fourth saileth.
No man euer hated his owne flesh, but
rather nourisheth, & cherisheth it. But y
saints did feare & thone death, is euident
by many exāples of the scripture. Abra
ham for feare of death called Sara hys
wife his sister. Jacob fearyng death, fled
from hys brother Esau into Mesopota
mia. David despyrnyng to saue hys
lyfe auoyded Saulle and Absalom.
The moste flowte and hardye
Propheete Elias, when the
Prophetes of Baall were slayne,
begyn

for the Plague.

being feared with the threatenings of
Jeſebell the queene fledde into deſerte.
Moyſes, when he was ſought for of the
king of the Egyptians, fled into
Middia provided both for hym ſelfe & hys
liſe. But theſe manerly men will ſayc, y
theſe exampls do not teach y that death
that the plague bringeth but that which
ſoloweth perſecution ought to be auoy-
ded. To whom I anſwere agayne that
death is deathe of what cauſe ſo euer it
com meth. God amonge other afflicti-
ons numbꝛeth famine, the whiche if we
may auoyde: why maye we not alſo the
plague? But y Abraham Iſaac, & Jacob
auoyded famine is more manifeſt, then
that we nede any longe reherſall thereof.
If that we may ſee no puniſhementes
by god layed vpon vs: then no Chriſtian
may elcheue the Turke & other tirācs
whom we knowe to be the ſcourges of
god, & therefore do they amiſſe which for
ſake towneſ and vilages when they ap-
proche. With like reaſon, yf an houſe be
ſpyed no man ſhall runne oute to ſlacke

A Regiment

the burning. For no man will deny, but that fire is to be accounted among gods afflictions. Beside this he y falleth into the waters, shall not provide for himself by swimming, but shal suffer with god wyl the waters to take away hys lyfe. Finally anye parte of the body beynge wounded, or bone broken, the Christian shall not require the Surgeons help, for he shall abyde Gods punishment. No man with clothing and suche other thinges and meanes, shall defende the colde as being gods crosse. What need manye wordes? No Christian by this reason shalbe so bolde as to vse any kynde of remedie against any kynde of disease, because no kynde of disease is not to be counted amonge Gods visitations. What the godly then maye not feare death is thus to be taken, that they ought not to discourage with the feare of death, and commit synne to avoyde it, and in death to dispaire. For there are bookes of y best diuines of our tyme Martine Luthere, & Bzontius, where
with

for the plague.

With the dreames of suche Stoakes are
refuted, whose iudgementes I set more
by then by an hundzed others. Where-
fore I let passe these & such other obiecti-
ons of these dreamers, & returne vnto
my purpose. If that by iuste and lawfull
causes thou maiest not eschew the place
then do thy diligence, that thy house
wherein thou must abide be void of all
stench filth and bzuttire. Let the wynd-
owes of the same be closed, & specially
in close & rayny daies, that the pestilent
aire enter not. But if thou wilt opene any
let them be toward the east or y North
and let it be done when the sun is some
what highe. Seldome, and not but in
fayre weather muste we come abroad,
but not wythoute a preservative taken
besore, whiche maye conserue from
contagion. In the house daylye we
muste kyndle fyre wyth Oken woode
or Junppere or galle, or Baie or suche
lyke wherewith the ayer maye be a-
mended and purged.

B. G.

Foz

A Regiment

Perfumes,

For that the powze of fire is meruelous
to recure the rottenes of the aire we are
sufficiently taught by. Hippocrates ex-
ample that I declared a lytle befoze. Up-
pon liue coles also cast this powder often
which bath of rosemary half an handfull
of Sage, Betonie, woyme woode, Maio-
ram, organe, of eche an handfull dry the
and beate the to powder. Do this. Take
of Junipere beries an vncc. of Myrrhe. 3.
drammes, of Frankensence, & Masticke
of eche. 3. drammes and the halfe, of the
roote of benedicta a dramme, of rue half
an vncc, of the barke of Cipres a drame
of angelike and Lauander of eche two
drammes breake them togyther & make
a powder. Let the powze lay vpon the coles
Junipere wood helwen or y beries them
selucs. Richer men may vse the wood of
Aloe or the powder of Gallia moschata,
of cloues, or of such like. When needes
you must abroad, cary w you other thys
or some like pomander whiche hathe of
Labdanum. 3. drammes, of Storax cala-
mita, two drammes, of Cinomū, maris
Cloues,

for the Plague.

Cloues, Nuttemigs of eche a dramme,
of the woode of Aloe, a thirddedeale of a
dramme of spikenarde half a thirddedeale
of a Dramme, of Mirthe Mastiche fran-
kensence half a dramme, of Muske, Am-
ber, of ech. 3. graines, let these be moisted
after beating & rening in so much stact
and Maioram water as maye suffice, &
make therof a ball to smell to. In sōmer
let h̄ aire in house be bettered with cold
thinges, that is to witte, w̄ Roses, Vio-
lettes, water lilies, vine leaues: wilowe
leaues & such other. Moiste also the pane-
ment of the house, with Rosewater, or
Sorell water, & such like, or w̄ cold wa-
ter mingled with a litle Vinaigre. It is
good also to smel Roses, binaigre, Cam-
phyre, sanders, & other of such sort, or els
haue this ball to sauour. Take of Lab-
dantum half an vnce, of storac calamita
3. drammes, of the floures of white wa-
ter lilies, Roses, violets of eche a drāme
of the barke of pome Citron a dramme
& a half, of al the sanders, of eche, halfe a
Dramme of Maces & Cinamom, of eche

A Regiment

ye must vse cleane sheetes reposed & fa-
uored, a while with some swete odours.
After slepe when y^e rifest, prouide first to
purge & disburden tht body and spectally
take hede that at anye tyme the belly be
not bound. And therfore if by it self daily
it be not disburdened take the Pylles y^e
are called Pillule Rusi, or some soft el-
lizer, or some suppositoile prepared ther-
fore. When the body is clenched from su-
perfluite bothe by belly & bladder, some
medicine must be taken y^e may defende
vs from the contagion of the sickenes
wherof we wil declare many hereafter,
And if so: necessarie busines thou must
nedes abroad, thou shalt eate yedoarie, or
the roote of Pimpinell, or els shalt smell
Rue. For the smell of it meruelously re-
sisteth the corrupt aire. Venus muste be
none or moderate. Publik hote house as
moſt present poysons are to be detested,
because by the heate of them the pores
beyng open, the pestilent aire most redi-
ly perseth into the inmost partes of the
bodye. Who will vse priuate bath, after
the

for the Plague.

the issue out of the same, let him most
diligently defend himselfe from the cor-
rupt aire. Better it is to vse at home fric-
tions, that is rubbings & wippings in
good aire then any bathes. You must yet
washe the head weekly wth lye wherein
Maizam, Lauander, Rosemary, be-
tonie, Sage, Camomille, & suche other
hath bene boiled. But lustye yonge men Letting blood
who abound wth bloude, in plague time
must vse letting of blood, & that not once
if nothing els do let but againe & againe
which hath in it a special helpe to defend
the health, because it cooleth the habite
of the body, & bringeth it to commoda-
tion of heate. We must purge our bo-
dies also wth purgations if the thing so re-
quire, & that principally in springtime, &
in autume, as Hippocrates willeth.
Now for our affections, soow, angre, Afflictions
hatred, feare, greuous cares, & all pen-
sive thoughtes must be auoyded. Nowe of minde.
remaineth there to go forward to me-
dicines y^e preferue emonge the whiche Medicines to
be Rufus pilles which be called the com-
les.

A Regiment.

mon pilles or pills for the plague. Take
of Aloe iecozaria two parts, of Saffron
and mirrhe, of eche one part, & with sca-
blose water, or white wyne make your
pilles, whereof daylye take one thyꝛde-
deale of a Dramme or a lytle more or
lesse accoꝝdyng as age and strength re-
quireth. Although Shoppes doe call this
coꝝposition Rufus pills: yet is it different
froꝝ that Rufus once prescribed. But
these pilles which the Shoppes do vse, for
the Aloe and mirrhe that much do with
Stande putre' action, haue great efficacie
againste the infection of the plague and
therefoꝝe ar not to be neglected. We
maye also often vse the pylls whiche
haue of Aloe iecozaria three Drammes,
of Myrre one Dramme and a half, of A-
garike prepaꝝe one Dramme, of Saf-
fron halfe a Dramme of Bole Arme-
niacke prepaꝝe one thyꝛdedeale of a
Dramme of the seede of Rome Citron
two thyꝛdedeales of a Dramme, of
masticke halfe a thyꝛdedeale, of the rote

of

for the plague.

of Pimpinelle halfe a Dramme, wth
Rose water incorporate these thynges,
and make thirtene pilles of one Dramm
of the whiche you muste take one or
two : You may also vse the electuarie
called Electuarium de mucibus, the dis-
cription whereof I omitte because it is
longe, and bycause the good Apotheca-
rye yf he be demaunded can the compo-
sition, or haue it readye for the helpe
of suche times as thys is to releue them
that seke vnto hym. Bole Armenys
also taken wth Vinaigre is very much
praysed. But bycause Bole is not e-
uer trewe, good it is to take Terra
Lennia, yf it be good in the steade there
of, other elles Sanguis Draconis.

Triacle also, and Mithridatium, and
suche other maye to purpose well be
taken.

Thys haue I translated to the cōfort of
them that neede counsell, and althongh

all

A Regiment

all cannot with their ease solow all, yet
may they espye the generall way to help
this euill. Wherefore as farre soyth as
thou canst seke the ordinaunces of god
in hys creatures, and negleate not hys
meanes, whiche with praier and a
mendment of life no doubt shall
doe and shewe the natures
that God hathe created
them vnto.

F. P. A. S.



A prayer.

A Lmighty and eternal god vvhich
haste vvorthelye visited vs vvith
sickenes after a penurie for our trespass-
ses, turne from vs (vve besech the) thy
vvrathe & indignation that vve moste
iustly haue deserued , and let this oure
humble submissiō confession praier be
meane to procure again thy fauourable
mercy, that vvith out anxiete for this
thine afflictiō vve maye frely honor
and glorifie the in peace and quietnes.
Grant this o lord for our mediatour &
& aduocate Iesu Christes sake to vvho
vvith the & the holy Ghost be all ho-
nour , praise , and glorie , for
euer. Amen.